



Interim Health Advisory for Eating Fish Caught in Lake Del Valle



To protect health, the Alameda County Department of Environmental Health is issuing the following interim advice in cooperation with the state Office of Environmental Health Hazard Assessment (OEHHA) to address potential health risks from elevated levels of mercury and PCBs (polychlorinated biphenyls) in fish caught in Lake Del Valle. Because these chemicals accumulate in the body, frequent consumption of fish from the lake could, over time, result in harm to the development of fetuses and children and affect the nervous or immune systems in adults, and could increase the long-term risk of cancer.

Women of childbearing age and children should be especially careful to follow these guidelines.

Fish Species	Women of childbearing age and children (17 years and younger) (Meals per month)	Women beyond childbearing years and men (Meals per month)
Largemouth bass OR	1	1
Channel catfish OR	1	4
Bluegill OR	4	12
Redear Sunfish OR	4	12
All other fish ¹	4	12

This advisory does not affect the treated drinking water supplied from Lake Del Valle. The water supply is safe.

Advisories have also been issued for nine other reservoirs in Alameda, Contra Costa, Marin, and Santa Clara counties as well as for San Francisco Bay and Delta, and Tomales Bay. The monthly fish consumption recommendations from these water bodies should not be combined. For more information on these advisories, contact OEHHA at (510) 622-3170 or visit OEHHA's Web site at: http://www.oehha.ca.gov/fish/so_cal/bayareas.html. For more information on chemical contamination in fish, including advice on commercial fish consumption, visit: <http://www.oehha.ca.gov/fish.html>.

For more information on Lake Del Valle, contact:

Alameda County Health Services, Environmental Health Department at (510) 567-6700.

¹ Including fish from other water bodies without specific advice